

SKILLS IN THE SPOTLIGHT

Identify one UK organisation that provides guided trekking routes

Name one popular trekking area in the UK

Explain how carrying a map and compass increases safety

Explain one piece of essential trekking equipment

Explain why route planning is important before trekking

Identify one item of clothing needed for wet-weather trekking



Trekking

SKILLS IN THE SPOTLIGHT

National Park services

Snowdonia

Prevents getting lost if digital devices fail

Walking boots ensure grip and ankle support for the ankle to prevent injuries

Ensures safety and avoids unsuitable terrain

Waterproof jacket



Trekking